



# KAMLOOPS SPRING SPRINT TRIATHLON

Presented by **Runners Sole**

RACE DAY: MAY 14, 2023

## Athletes in Training

### The Training Plan

Week 7 is the last build week before your recovery in week 8. This is the week where many people may be “walking the tightrope” so to speak. This means that the workouts should push you to the limit without going over (injury or abnormal fatigue). Remember the importance of rest, sleep and proper nutrition.



### Question of the Week:

Are you incorporating core strength training? How many times per week are you fitting this in?

Post a photo during one of the training sessions, tag @KamloopsTriathlonClub and use #springsprinttriathlon23 for a chance to win a \$25.00 gift certificate from Runners Sole!

Draws take place every Sunday.

### Training Gadgets

Tri Shorts meet the specific requirements of the bike and run in triathlon. These shorts are made of a quick drying fabric which combines superior fit with optimal durability. A reduced chamois for comfort in the saddle and freedom of movement off the bike, combined with spandex leg grippers to hold them in place, make this the one short that does it all. Check out Runners Sole for a pair that will work for you.



### Core Conditioning

Strength programs which are designed with the endurance athlete in mind can be quite complex and result in injury if not researched or executed properly.

Having said that there is an enormous benefit to a structured program which targets your core; to put it simply, your abs, back and hip/pelvis area.

Core training although becoming popular is not the new trend or fad of the month. It has existed in one form or another across most sports for as long as they have existed.

The idea is that if you have a strong core, you will be able to complete training with less fatigue or injury because energy transfer is more efficient.

All of the local gyms have a core program/class in one form or another and you can find online classes as well.



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## Swimming

**INTERMEDIATE:**  
6-7 hours/week, Swim 3x/week



- 200m free/ 200m reverse IM (50m free/50m breast/50m back/50m fly drill)  
3x400 free with 40R/400m. Negative split the 400m's; that is, 2nd half faster than the 1st half.  
*Goal is to swim your T100 Time x 4 + 15 sec. i.e. 151.2 x 4 = 604.8 = 10:04.0 + 15 sec = 10:19.0 then 40 sec rest*  
8x25m Breast or Backstroke with 15R/25  
6x25m Kick with 15R/25m  
200m Backstroke/Breakstroke or Free continuous warm- down

= 2100m total

- 100m swim / 100m kick / 100m pull / 100m swim  
8x25m alternating 25m Back / 25m Breast with 15R/25m  
800m Continuous swim at 140 heartrate intensity  
200m warm-down (your choice)

= 1600m total

- Repeat swim #1

### BEGINNERS:

4-6 hours/week, Swim 2x/week

- 50m Swim / 50m Kick / 50m Pull / 50m Swim  
8x50m Free with 15R/50m  
8x25m Kick with 10R/50m  
200m Backstroke or Breaststroke continuous

= 1000m total

- 50m Swim / 50m Kick / 50m Pull / 50m Swim  
4x25m free with 15R/25  
500m timed swim (you must get your time) Time = T  
100m easy swim

= 900m total

- Repeat #1

## Set Formula

**Time = (convert to seconds)**

i.e. 14.06 = 14x60 = 840 sec plus 6 sec = 846 sec = T. T  
= 846 sec, 50 time equals - T/10 = 84.6/50 or 1:24,  
100 Time equals- T/5= (846/5) 169 or 2:49/100m

\* This is important for the next 7 weeks.



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## Biking

**BEGINNERS:**  
Bike 2x/week

1. 40 minutes easy
2. 60 min. easy with 6x2 min. at 75-85%  
2 min. rest between

**INTERMEDIATE:**  
Bike 3x/week

1. 40 min. easy
2. 60 min. with 20 min. steady tempo  
(80-90%) in the middle
3. 40 min. easy

## Running

**BEGINNERS:**  
Run 2x/week

1. 50 min. easy
2. 15 min warm-up  
4x2 min. hill repeats (90%)  
3 min. easy recovery on the downhill  
15 min. easy cool down

**INTERMEDIATE:**  
Run 3x/week

1. 30 min. easy
2. 45 min. easy with 10 min tempo in the middle
3. 15 min. warm-up  
6x2 min. hill repeats (85-95%)  
3 min. easy recovery on downhill
4. 15 min. easy cool down

## Thank you to our Sponsors!



@kamloopstriathlonclub  
#springsprinttriathlon23  
kamloopstriathlonclub@gmail.com



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Our thanks to Maurice Maher for contributions to this training plan.